

**COACHING AND MENTORING CONSULTANTS  
HEE YORKSHIRE AND THE HUMBER  
MENTORING REFRESHER SESSION  
TUESDAY 14<sup>th</sup> JUNE 2022**

**This will be an opportunity to:**

- Reconnect with colleagues and share experiences of mentoring since attending the Programme
- Refresh your understanding of The Skilled Helper model
- Watch a demonstration
- Practise your skills with feedback
- Plan next steps

**Timetable:**

- 09.00 Welcome, reconnecting, using the model and skills
- 09.30 Refresher: The Skilled Helper model
- 10.00 Demonstration- a mentoring conversation
- 10.30 *coffee break*
- 10.50 Skills Practice
- 12.40 Review and next steps
- 1.00 Close

Faculty: Julia Pokora, Dr June Smailes,  
Programme Lead: Ghazala Ahmad- Mear